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HOMEMAKERS' CHAT

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U. S. DEPARTMENT OF AGRICULTURE
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SUBJECT: "Use Oatmeal, Save Bread" - Information from the Bureau of Human Nutrition and Home Economics, U.S. Department of Agriculture

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One of the easiest ways for us to save wheat for shipment to the hungry peoples in other parts of the world is to use other foods in the place of bread. There is more oatmeal available this year than in several years. So--home economists of the U.S. Department of Agriculture suggest that you eat a little more oatmeal and a little less wheat bread.

In food value...a serving of oatmeal equals two slices of bread. And the home economists say if every man, woman and school child will replace two slices of bread with a serving of oatmeal each week...this will mean 135,000 tons of wheat for the hungry in four months time. No question about it...135,000 tons of wheat will go a long way to stave off hunger.

The home economists tell us oatmeal ranks above whole wheat in some respects as a highly nourishing grain food. Oatmeal contains calcium and iron. It contains the B vitamin...thiamine. And in a half-cup serving you get protein for body tissue building and repair and about 60 calories for bodily energy.

When you eat a bowl of oatmeal with milk...or when you eat oatmeal in cookies containing egg...or when you blend oatmeal into a meal loaf...the scientists tell us the protein in the oatmeal supplements the protein in the milk... egg or meat. Even a little protein from an animal source teamed with the oatmeal grain forms a highly nourishing combination.

In milling oats... the process takes out only the fibrous hull and the portions that stick to it. It leaves the entire kernel with its germ and other vitamin-rich and mineral-rich portions as human food.

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Perhaps you have wondered about the difference between true oatmeal and rolled oats. The home economists describe it this way. Coarsely ground, the kernel is true oatmeal. The more familiar form---we call rolled oats--is prepared by steaming and then flattening the kernels between steel rolls. That's the regular type of rolled oats. For quick-cooking rolled oats....the kernels are cut and flattened thinner than for the regular type of rolled oats. Of course, in everyday use ...we call all of these oatmeal.

Here's a recipe for rolled oats muffins. Do you have a paper and pencil handy? First I'll give you the ingredients. Then I'll tell you how to mix 'em. All ready? All right...one cup of cooked rolled oats...half cup of water or milk ....one egg beaten...two tablespoons melted fat...one and a half cups of sifted flour...half tablespoon sugar....three teaspoons baking powder.

Now let's check that list again. Rolled oats--one cup. Water or milk---half cup. Egg--one. Melted fat--two tablespoons. Sifted flour--one and a half cups. Sugar--one-half tablespoon. Salt--one-half teaspoon. Baking powder--three teaspoons.

Now the directions for making the muffins. Mix the cooked rolled oats with the liquid---that is the water or milk....the beaten egg and the melted fat. Sift the dry ingredients together--that's the flour, sugar, salt and baking powder. Now add the dry ingredients to the other mixture--the rolled oats mixture and stir until it's just mixed. Then fill the greased muffin pans about two-thirds full and your oatmeal muffins are ready to pop in the oven. You'll need a moderately hot oven for the muffins. Bake them from 25 to 30 minutes.

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